# New commander makes big move in short distance

Airman Cecilia Rodriguez Public affairs

Lt. Col. William Millonig assumed command of the 37th Flying Training Squadron from Lt. Col. Anthony Smith during a change of command ceremony today at Ceremonial Plaza.

Colonel Millonig transfers from the 41st Flying Training Squadron where he was operations officer.

Colonel Smith departs Columbus AFB to assume duties in the Exercises and Training Division, U.S. Command, at Offutt AFB, Neb.

"My goals for our squadron are simple," said Colonel Millonig. "Job one is to graduate student pilots. We don't want them just to make it to Phase III, so we'll make sure they get the tools they need to complete pilot training and receive their wings."

Colonel Millonig graduated from the U. S. Air Force Academy in 1984 with a Bachelor of Science degree in European history, and received his Masters of Aeronautical Science from Embry Riddle Aeronautical University in 1996. He has also completed Squadron Officer School, Air Command and Staff College and Air War College.

He served as a T-37 instructor pilot at Williams AFB, Ariz., and as a T-37 check pilot in the 559th Flying Training Squadron at Randolph AFB, Texas.

Colonel Millonig began his job as operations officer of the 41st FTS Aug. 2

He is a command pilot with 4,400 flying hours, including 335 hours flown during 81 combat missions.

His awards include the Distinguished Flying Cross, the Defense Meritorious Service Medal, Meritorious Service medal with one oak leaf cluster, Air Medal with one silver leaf cluster, and Aerial Achievement Medal with three oak leaf clusters.

# Board reviews Columbus AFB quality-of-life

Airman Cecilia Rodriguez

Public affairs

The Community Action Information Board met Monday to review recent quality-of-life progress at Columbus AFB.

The board touched on several topics, including the Heart Link program, the Airman's Attic and services division changes.

The Heart Link program is aimed at acclimating new spouses to the Air Force.

"The program has produced excellent interaction between new and old Air Force spouses," said Patsy Wood, family support center director. "We'd like to especially encourage newlywed permanent party spouses to attend," she said.

Col. Steve Schmidt, 14th Flying Training Wing commander, said, "Even if you've attended the program at another base, go again. A new base means a new program."

The next Heart Link gathering is scheduled for 8:45 a.m. Nov. 3 at the family support center.

Construction of the Airman's Attic is scheduled to begin in approximately five weeks. The cost-free facility is designed to help servicemembers in grades E-5 and below or, on a case-by-case basis, those with a first sergeant's referral. First sergeants will have keys to the building for after-hours access, and facility usage will be tracked through a log book, which will be reviewed at first sergeants' meetings.

"This base is an optimum location for an airman's attic," said Lt. Col. James Davis, 14th Mission Support Squadron commander. "Columbus AFB's high turnover rate will result in a large number of donations."

Thrift shop manager Ruth Ann Kinion, who will also oversee the Airman's Attic, said, "We're asking for donations of household items only - dishes, vacuum cleaners, furniture - no clothes."

Donations will be accepted at 105 Aberdeen Ave. from 10 a.m. to noon Oct. 18.

Steve Pena, base exchange manager, reported on facility changes.

The American Eatery restaurant located in the BX foyer has been closed for clean-



Paula Lewis, commissary store administrator, Gerry Green, retiree activities volunteer, and Col. Keith Keck, 14th Mission Support Group commander, open the commissary for retirees Saturday afternoon. Store director Willie Taylor reported a 10 percent increase in sales and announced plans for commissary improvements to the Community Action Information Board Monday.

ing, and will be replaced by Subway, scheduled to open mid-November, he said. The restaurant will be open seven days a Taylor said. "We've seen the developweek from 10 a.m. to 6:30 p.m., and hiring is scheduled to begin at the end of the installations, and now it's time for

The shoppette hours of operation were progress." also discussed.

"The store closes an hour later on Fridays and Saturdays, but right now, the money made during that extension is not enough to justify staying open past 10 p.m.," said Mr. Pena. "If they would like to keep the current hours of operation, I encourage folks to please come out and support the shoppette," he said.

One CAIB highlight was the commis-

"Sales are up by 10 percent," said Willie Taylor, commissary store director. "The commissary has made almost \$79,000 in

missary will also make improvements in tion boxes on base. For locations or more

**T-1A** Goal: 756.0 hrs. Flown: 765.4 hrs. **T-37** Goal: 864 Flown: 916 **T-38C** Goal: 459 Flown: 539

Flying hours: Tue: 6:42 a.m. - 6:15 p.m.; Wed: 6:43 a.m. - 6:28 p.m.; Thu: 6:44 a.m. - 6:29 p.m.; Fri: 6:45 a.m. - 6:30 a.m.

"Between now and December, the store will receive a new décor package," Mr. ments made in the commissaries of other Columbus AFB to make the same

The child development center is scheduled to open a modular facility Nov. 24, said Jane Abshire, family member programs flight chief. This facility will create additional space, and better enable the CDC to provide drop-in (or hourly) childcare for parents wanting a couple hours to shop or work out.

The quarterly CAIB is open to anyone. The group's focus is on community issues and resolutions. The next CAIB meeting is scheduled for 2 p.m. Dec. 8 at the Columbus Club.

(Editor's note: Quality of life challenges, concerns or compliments can also In addition to increased sales, the com- be submitted to the CAIB via six suggesinformation, call Patsy Wood at Ext. 2790.)

Bill Maddox at Ext. 3120.

NEWS Silver Wings



Airman Alfonso Rosales, 14th Medical Operations Squadron medical technician, measures a visitor's blood pressure during Retiree Appreciation Day Saturday. More than 140 retirees and their families attended the annual event.

# Record number attends Retiree Appreciation Day

Airman Cecilia Rodriguez

Public affairs

Columbus AFB's annual Retiree Appreciation Day offered information and services to more than 140 retirees and their families Saturday.

"The day was a success," said Lt. Sharon Gregory. Retiree Appreciation Day event planner. "Retirees were able to participate in the different events and get a hold of a lot of important information.

"The guest speaker, retired Air Force Chief Master Sgt. Lonnie Arnold, was awesome," Lieutenant Gregory said. "He brought his audience up to date on a lot of issues that affect retirees."

Retired Master Sgt. Bill Pruitt and his wife Dorothy were among those in attendance.

"We've been coming to Columbus AFB's Retiree Appreciation Day for several years, and this year's event was the best so far," said Mrs. Pruitt. "The food was great, and the guest speaker and different booths were very informative."

Mr. Pruitt agreed.

"We learn new things every year," he said. "This vear we received updated information about TRI-CARE and found out how to access important information using computers."

Even though this year's number of participants almost quadrupled last year's, expectations for next year's event continue to grow.

"Next year we're looking for an even bigger turn out," Lieutenant Gregory said. "The retirees provided us with really good feedback, and we intend to implement their suggestions in future Retiree Appreciation Day events."

For more information about retiree activities, call

# Housing to recycle doomed greenery

**Airman Boto Best** Public affairs

Free plants and flowers are available for Columbus AFB residents to move from vacant housing units and replant in their own vards upon obtaining written permission from the housing

"Seventy-seven houses in the State and Magnolia villages will be demolished soon to make way for future construction projects, and this is the perfect time of year to move plants and other exterior landscaping items from there," said Debra Caspell, housing manager.

The housing flight will approve the requests on a first-come, first served basis. Prior to moving any plants or shrubs, gardeners must:

☐ Contact the housing office for a list of addresses scheduled for demoli-

☐ Identify desired plants and shrubs on an AF Form 332, Work Request, indicating the address where the items are located and the address to which they will be moved. Member must also include a sketch showing where the item(s) will be planted.

☐ Submit the completed AF Form

332 to the housing office for permission to transplant and obtain a digging

Applicants must agree to fill in holes and clean up debris in the original yard. Plants may not be removed until the housing office has provided written permission.

Residents may request plants, flowers, small shrubbery and landscape

Julie Keefe, Capitol Village resident, has a hedge of transplanted burning bushes in her yard. A former tenant had moved the plants under an earlier relocation program.

"I'm glad they're here," she said. "They're easy to maintain."

Cindy Brawley, another Capitol Village resident, also has bushes that were moved in from another yard. She said the existing landscaping inspired her to do even more.

"The bushes were already here when we got here, but I wanted more color. So I got some mulch and planted some flowers," she said. "This was our first time living on base, and I was glad the planters were already set up and the yards well-maintained."

Some of the units scheduled for demolition also have patio covers that

can be relocated. Self-help (the Pride Store) maintains that list and monitors the movement and reinstallation of the patio covers. To get on the waiting list for patio covers, call Ext. 7327.

For more information about either program, call the housing flight at Ext. 2840.



Julie Keefe waters burning bushes. The plants were moved from vacant housing by previous tenants.

# Columbus AFB optometrist wins AAFES award

**Airman Boto Best** 

Public affairs

A Columbus optometrist recently won the 2002 Best Optical Dispensary Growth Golden Eye Award during an annual vision seminar held by the Army and Air Force Exchange Service in Dallas.

Dr. David Curtis, contractor of the Columbus AFB optical shop and owner of the downtown Curtis Optometry Clinic and Dispensary, received the award from Maj. Gen.



Optician Terri Short fits Jane Palmer for new glasses. Ms. Palmer and her husband, who is retired from the Army, travel 70 miles from DeKalb to use the Curtis optical shop at the Columbus AFB exchange.

Kathryn Frost, AAFES commander.

The award recognized the dispensary for its ability, assessed over a two-year period, to fulfill the eyewear needs of the personnel and families assigned to Columbus AFB.

Dr. Curtis gave credit to his optician, Terri Short, for her personalized attention to each patient, his company's frame selection and fast delivery of evewear.

Customers agree.

Heather Busing, homemaker, bought both her own and her daughter's glasses at the shop, and describes the service

"They are definitely deserving of the award," she said. "Ms. Short is very knowledgeable about her job. She always knows exactly what we need. She always remembers her customers, knows their names and why they're

Chief Master Sgt. Charles Hopkins, AAFES optical program manager, said he was pleased to present the award.

"It is truly a pleasure to recognize a company committed to serving the military community the way COCD does it at Columbus AFB," he said. "Our diverse population and vision needs make our military communities a real challenge for our optical contractors to satisfy. COCD is an outstanding example of what our contractors can accomplish when everything comes together."

AAFES currently has 94 contracted optical locations in the continental United States, Alaska, Hawaii and Puerto Rico, and 30 locations overseas.



# News Briefs

## Singing, public speaking

The 2003 Annual Awards committee seeks a senior NCO and a CGO to emcee the awards banquet. A singer to perform the national anthem is also needed. Auditions are scheduled for Oct. 17. Call Master Sgt. Ellajean Jones at Ext. 3576 by Wednesday.

Enlisted volunteers willing to serve as Mister/Madam Vice or Sergeant-at-Arms at the Dining Out Nov. 14 should contact Senior Master Sgt. John Wolfe at Ext. 2021.

## Prevention seminar

A Women's Health Week lunch seminar with Lt. Col. Kathryn Hall, 14th Medical Operations Squadron commander, is scheduled for 11:30 a.m. Oct. 24 at the family support center. Snacks will be available and brown bag lunches are encouraged. To register call Ext. 2235 by Wednesday.

### Enlisted dorm dinner

The monthly enlisted dorm dinner is scheduled for 5 p.m. Thursday at the chapel. The menu is steak with side dishes, salads, desserts and cold drinks. For more information or to register call Ext. 2500.

## COSC fundraiser

The Columbus Officers Spouses Club sponsors a sale of jewelry by James Quality Jewelers of Bangkok, Thailand, noon to 6 p.m. Oct. 27 at the Columbus Club. The sale is open to all BLAZE team members and will benefit Air Force personnel through the COSC charitable account.

### Lost and found

Several items left at the Appreciation Celebration are waiting to be claimed at the services office. Call 2nd Lt. Richard Carter at Ext. 2324.

### SUPT 03-04 benefit

Black T-shirts with the 03-04 class patch on the front and "Young Guns" on the back are available for \$15. To place an order, call Jane Doughty at 434-8540.

## FormFlow replacement

Pureedge IMTs replace FormFlow versions of several AF Forms effective immediately. Download the new forms and IMT program at www.e-publishing.af.mil.

## MyPay warning

The website for accessing leave and earning statements is https://mypay.dfas.mil/mypay.asp. A lookalike site at www.mypay.com is run by a payday loan vendor and attempts to collect personal information from military members lost in cyberspace.

# Hispanics defending freedom some contributions to remember

Pacific Air Forces Financial Analysis Division

(Editor's note: Sept. 15 to Oct. 15 is Hispanic Heritage

Many Hispanic Americans have been drawn to military service for myriad reasons — to seek opportunities for education, growth, advancement, skills and professional success. Other factors include a sense of patriotism, love of country and hunger to serve. Hispanic Americans have contributed gallantly to the defense of our nation. We have 40 Medal of Honor recipients, more than any other demographic

Indeed, the military and civilian contributions of Hispanic Americans reflect a deep commitment to the principles of freedom and democracy. From the American Revolution to our latest conflict, the global war on terrorism, Hispanic Americans have risked and sacrificed their lives to defend freedom.

Here are just a few achievements of some of those

The Civil War's most famous Hispanic was Adm. David Farragut. He served gallantly in the Civil War and was instrumental in capturing New Orleans and seizing control of the Mississippi River. He has been immortalized in history books for his war cry, "Damn the torpedoes, full speed ahead!" He was the first admiral in the Navy. Congress created the rank for him, specifically, in recognition of his contributions during

Loreta Velazquez was the first Hispanic female spy in U.S. history. She was a Cuban-born woman who disguised herself as a Confederate soldier and served as Lt. Harry Buford. Velazquez left her married, domestic life in San Antonio and fought in such battles as Bull Run, Ball's Bluff, Fort Donelson and Shiloh. Although never officially recognized militarily for her efforts, her life story is chronicled in the book, *The Woman* 

Marine Pfc. Guy "Gabby" Gabaldon, a Los Angeles native, captured more than 1,000 Japanese in the South Pacific during World War II. After learning Japanese from his adopted Japanese family, he used it to obtain vital information on enemy positions that aided in that capture. He received a Silver

In Silvas, Ill., just west of Chicago, is a street named Hero Street, formerly known as Second Street. It is just one and a half blocks long in a predominantly Hispanic neighborhood.

Joe Gomez, Pete Macias, Johnny Munoz, Tony Pompa, Frank Sandoval, Joe Sandoval, William Sandoval and Claro Soliz grew up together in this small street in a very close-knit community, working for the railroad, just as their fathers before them had done. They went to war in World War II without hesitation and never came back.

As it turns out, 84 men from the 22 families who resided on this street participated in WWII, Korea and Vietnam. This street has contributed more men to military service than any other place of comparable size in the United States. Hero Street has a remarkable story of personal sacrifice and patriotism.

In 2001, America lost a Latino patriot who was diligent in the defense of his country and who protected American lives many times over. His code name, Tango - Mike - Mike, stood for "That Mean Mexican." This patriot, who was also a Medal of Honor recipient, was Army Master Sgt. Roy Benavidez. In his book Medal of Honor: One Man's Journey from Poverty to *Prejudice*, he wrote these memorable words:

"I believe that there is no greater calling for a man or woman than to serve in the military of a free nation. I believe that it is a calling that transcends all others because embedded deep within the soul of every free man or woman is the knowledge that every freedom we have was earned for us by our ancestors, who paid some price for that freedom. Each and every generation must relearn those lessons, and they are best learned by doing. The strength of every free nation depends on this transfer of knowledge. Only through the transfer of knowledge from generation to generation will free men

Each day, we have an extraordinary opportunity, an opportunity to be better than we were yesterday. We must all strive to improve ourselves to be the best we can be. That's how we can honor the memory of those who have given their lives to fight and defeat terrorism and ensure their sacrifices are not in vain. When opportunity knocks, we must be ready to answer the door.

Winston Churchill once said, "To every man, there comes in his lifetime that special moment when he is tapped on the shoulder and offered the chance to do a very special thing. unique and fitted to his talents. What a tragedy if that moment finds him unprepared and unqualified for the work that would

Opportunity, combined with education, is a key to success; and the military is a great place to seek it, find it and achieve success from it. (Courtesy of Pacific Air Forces News Service)

# International student spotlight



Home: Serowe, Botswana Aircraft: F-5

The training is very detailed and you get to fly a lot. The instructors give you a chance to do your very best. This is an excellent environment for league here is very good. We of beef.

Likes about Columbus: (the red team) always win. Misses about home: I

miss my family and friends. I am able to talk to them weekly though. I really miss some of my traditional food dishes training. Good place to like seswaa, which in my socialize and the soccer language is a dish of a style



2nd Lt. Omptile Sianang

# Volunteerism alive, well at Columbus AFB

Jimmy Helton

Silver Wings

Logistics Group Readiness

When I entered the military in 1962, my recruiter warned me, "Do not volunteer for anything!"

I found out that this is good advice when you are in basic training; however, since then I've learned that it's one of the best things you can do for advancement

in your career. If you are going for civilian/ NCO/Officer of the Ouarter/Year, or for an AETC/Air Force award. you need to indicate involvement in your unit, base, and the local community. Whether it's organized sports, scouts, church activities or school functions, there's always a need for dynamic volunteers who will complete the job free of charge.

Columbus AFB is well known for the volunteer work its members accomplish in the local community. On Sept. 11, more than 85 volunteers helped the local community with various projects. They cleaned up the cemetery on base, worked to beautify the area around the T-37 at Highway 45, cleaned up the Boys/Girls Club, painted at the Palmer Home for Children, and worked on many other projects.

When a devastating tornado struck Columbus last November, more than 300 base volunteers helped clean up the Mississippi University for Women Campus and surrounding damaged areas.

But, why volunteer? Studies show that people volunteer for a variety of reasons: to help others, to do something useful, even to try a new experience.

Volunteering is good for your health; it relieves stress. Many volunteers report having more self-esteem, less depression and a spiritual connection. Volunteers are needed on base and in the local community. You can even get your whole family involved by planning a volunteer project together. For example, become a Boy Scout or Girl Scout leader and help shape the progress of tomorrow's young leaders.

The extra time you spend helping others will be noticed by friends, co-workers, supervisors, commanders and the people whose lives you touch. Volunteers are my heroes and should be considered mentors for us all. Some base agencies that need volunteers include the pharmacy, Family Support Center, chapel and Retiree Affairs Office. The United Way, Red Cross, and Humane Society are examples of downtown volunteer opportunities. Thanksgiving and Christmas will bring additional opportunities to help seasonal charities as

Remember, all of us have something to give and there's no better way to make a difference in someone's life than by giving back what others have given to you. Join the BLAZE volunteer team.

The Columbus AFB Fire Prevention Section thanks the BLAZE Team for participating in Fire Prevention Week and offers these tips to prevent fires and burns in the kitchen every day:

Don't . . .

- ☐ try to carry a flaming pan. Carrying the pan endangers you, and is more likely to spread the
- **pour water on a grease fire.** Water will spread the flames. Use baking soda to put out small
- use a wet cloth when picking up hot dishes **or pots.** The heat will cause steam to form, which may burn your hand, and possibly cause the hot dish to be dropped.

- □ keep a dry chemical fire extinguisher in the kitchen for grease fires.
- □ keep the stovetop and adjacent area free of anything that will burn, such as paper and fabric.
- ☐ use the lowest cooking level possible to avoid overheating grease, burning food and causing boil overs.
- □ keep pot handles turned in, so they do not extend over the front or open sides of the stove.
- □ place the lid between your body and escaping steam when opening a container of

# STRAIGHT TALK LINE

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to

resolve problems is through the chain of command. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All

names received are kept confidential. Messages are answered in the Silver Wings without names. Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

The Straight Talk program is also on the Blazeweb at https://columbusweb and the main website at www.columbus.af.mil. Questions and answers will be edited for brevity.

# Crosswalk returns to Wing HQ

**Q** uestion: Most days I walk between Bldg. 926 (personnel/finance) and the Wing building, as do many others. We must cross a very odd road intersection, and the sidewalk is sporadic. I was wondering why there isn't at least a crosswalk and sign to allow pedestrians to safely cross the street without having to jaywalk while monitoring traffic on multiple lanes coming from six different streets all at odd angles. If there isn't a reason, I'd like to suggest for everyone's safety that a safe path be created for pedestrians between these two buildings.

A nswer: Thank you for using the 14FTW Straight Talk/CC Action Hotline. Our civil engineers researched the crosswalk issue. At one time a crosswalk existed from the west parking lot across Seventh Street to the West side of the Wing HQ Building. The crosswalk was eliminated a few years ago, but we will re-stripe this area again to enhance awareness and safety.

> Col. Steve Schmidt 14th Flying Training Wing commander

# SILVER WINGS

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434-7069, or e-mailed to silverwings@columbus.af. mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

## Silver Wings Editorial Staff 14th FTW commander

Col. Steve Schmidt Chief, public affairs Pam Warnken **Editor** 

Tech. Sgt. Becky Roady Staff writers Airman Boto Best Airman Cecilia Rodriguez

# Key phone numbers

Chaplain	434-2500
Civil Engineer Service Desk	434-2856
Civilian Personnel	434-2635
Clinic:	
Family Practice	434-2172
Appointment Desk	434-2273
After Hours Care	434-2273
Columbus Club	434-2489
Commissary	434-7106
Finance	
Housing Maintenance	434-7370
Inspector General	434-2927
Legal Office	434-7030
Military Equal Opportunity	434-2546
Security Forces	
Shoppette	434-6026

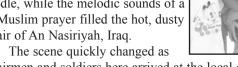
FEATURES COMMUNITY Silver Wings Oct. 10, 2003

# Trading their own 'goodies from home' for hugs

# Troops bring Iraqi orphans clothes, toys, toiletries

Airman 1st Class Kara Philp 332nd Air Expeditionary Wing Public Affairs

The rumble of the American convoy's engines slowed to a dull idle, while the melodic sounds of a Muslim prayer filled the hot, dusty air of An Nasiriyah, Iraq.



airmen and soldiers here arrived at the local orphanages with boxes of surprises.

One after another, the troops unloaded boxes of clothes, toys and toiletries — a combination of items gathered from packages they had received.

A quick glance of each facility revealed the tough life of the orphans who call it home; the children at the orphanages have no extended family to take them in.

At one orphanage, World War II-style beds, some with mattresses and some without, were the only furniture other than an old dining table off to the side of the kitchen — a kitchen so small, some people might mistake it for a walk-in closet.

"I've seen different levels of society, but nothing could have prepared me for this," said Army Sgt. Jessica Yniguez, from the 806th Adjutant General (Postal) Company. "I want to take in as much as I can from this

In another orphanage, paintings of Mickey Mouse and Daisy Duck decorated the crib-lined walls.

Some of the children, whose ages range from 1 month to 5 years old, slept soundly and were unaware of the visitors, while others raced toward the doorway with their hands raised above their heads, beckoning to be picked up and held by the American troops.

Many of the troops said the children at the orphanages reminded them of family members or other loved ones at

"Everyone sees someone or something that always brings it close to home," said Master Sgt. Sylvia Goodwin, 332nd Expeditionary Communications Squadron Post Office postmaster. "A child who reminds you of your own makes it a reality. It becomes up close and personal."

At the girls' orphanage, the language difference did not seem like a barrier at all.

"This mission makes me feel needed," said Airman 1st Class Carlos Williams, 332nd Expeditionary Communications Squadron Post Office postal clerk. "Seeing the children go through the items we collected makes all our hard work worthwhile."

The children at the orphanages were not always so welcoming, according to Command Sgt. Maj. Terry Davis of the 402nd Civil Affairs Battalion.

"On our first trip to the orphanages, the children were afraid of us — very standoffish and unsure," Sergeant Major Davis said. "Now they come running to us, and you can see it in their eyes — they are happier. We've made a difference."

Sergeant Yniguez said the children helped her momentarily forget about the war.

"The second I saw the children I wanted to cry; I think it was out of joy," she said. "I enjoy the innocence of the children. They have no understanding of what's going on outside the building."

The children gathered around the boxes as the items were pulled out one by one — colored pencils, scissors, toothpaste and combs.

"Their eyes just light up," Sergeant Yniguez said. "It makes you wonder if they have ever seen a box of crayons before. The colors are such a contrast from those of their surroundings. It makes you appreciate every single thing you have."

Some children filled their arms with all they could carry and ran off down the hall, while others waited anxiously to see what was inside the next box.

"It feels good to see this type of reaction," Airman

According to Sergeant Major Davis, the buildings have seen great improvements since the battalion's soldiers made their first visit in April.

"When we first visited the orphanage, there was no running water, no electricity, no sewage and no refrigeration," Sergeant Major Davis said. "The buildings had been looted — and what the thieves didn't want, they

Quality of life around Tallil has improved. Contributions by relatives, schools, churches and other

organizations have made it possible for troops to continue delivering boxes and getting an invaluable experience in return.

Sergeant Yniguez ensured more than half of the 55 boxes contained school supplies for Iraqi students.

"I wrote home and asked for school supplies for these boxes," she said. "I received packages from the school I teach at, a post office I used to work at, and at the school I did my student teaching at."

Sergeant Yniguez said it meant a lot to be able to personally deliver the supplies she had collected.

"To actually meet and spend time with the children we are helping is the most rewarding part," Sergeant Goodwin said. "They are very grateful for the things we provide and look forward to our visits."

"It's a blessing to be able to make a difference in this area," Sergeant Goodwin said. "Six months ago this wouldn't have been possible."

The difference is what matters. Sergeant Major Davis quoted a saving from home:

"It's not how much money you have in the bank, what kind of car you drive or how big your house is — it's whether or not you've made a difference in a child's

As the convoy trekked back to Tallil, children chased after the trucks waving and shouting "maa al salama, maa al salama." While the words translated to goodbye, the voices were filled with hope the troops return soon.



U.S. Air Force photo by Staff Sgt. John Barton

Master Sqt. Sylvia Goodwin helps Iraqi children sort through the contents of one of the boxes delivered to local orphanages. She is the 332nd Expeditionary Communications Squadron's post office postmaster. Airmen and soldiers from nearby Tallil Air Base delivered supplies to the orphans as part of a local volunteer initiative.

# AT THE CHAPEL

#### Sunday

9:15 a.m. — Mass 10:30 a.m. — CCD 5 p.m. — Confessions 5:30 p.m. — Mass Wednesday

11:30 a.m. — Mass

#### **Protestant**

### Sunday

9 a.m. — Sunday school 10:45 a.m. — Traditional worship 1 p.m. — Contemporary worship Tuesday

Noon — Lunch and Bible study Wednesday 5:30 p.m. — Dinner and Bible study

For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

All movies are shown at 7 p.m. unless otherwise noted, at the theater.

# IN THE THEATER

"Seabiscuit" (PG-13, language, some sexual situations, violent sportsrelated images, 141 min.) Starring: Tobey Maguire, Jeff Bridges

"The Medallion" (PG-13, action violence, some double entendre, 90 min.) Starring: Jackie Chan, Claire Forlani

#### Oct. 17

"Dickie Roberts: Former Child Star" (PG-13, rude/sex-related humor, language, drug reference, 99 min.) Starring: David Spade, Mary McCormack

# ON CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.

Call 1st Lt. Richard Blakewood at Ext. 7065 for more information.

### Weekdays

9 a.m., noon and 2 p.m. Air Force Television News

Monday through Oct. 17 9:30 a.m., 12:30 p.m., 2:30 p.m. CLEP Tapes:

No tapes due to holiday

# FAMILY SUPPORT

Parenting for prevention: The video "How to Enforce Consequences When Kids Violate Limits" for parents of small children is scheduled for 11 a.m. to noon Wednesday at the family support center.

To register call Ext. 2631.

Practicing safe stress: Learn to identify safe stress strategies, stress reduction techniques and skills, and how to turn insight into action with Readus Linton, wellness and prevention specialist, 11:00 a.m. Oct. 22.

To register, call Ext. 2790 by Oct. 20.

Coping with difficult people: Learn how to communicate effectively on the job, identify difficult people, and turn bad situations to your advantage with Readus Linton, wellness and prevention specialist, 2 to 4 p.m. Oct. 22.

To register, call Ext. 2790 by Oct. 20.

Daddy tool time: A must for new or fathers-to-be 5 to 8 p.m. Oct. 22. The program provides insight into the father's role in pregnancy, a working knowledge of what to expect after delivery, and information on lifestyle changes that accompany a new baby.

To register, call Ext. 2790 by Oct. 20.

Military Month essay & art contest: November is fast approaching and will launch the 2004 Military Month. In honor of military families, the Armed Services YMCA and Lockheed Martin will be accepting essay entries with the topic "Why I Like to Read," and art entries depicting a student's military family at www.asymca.org. The website provides suggestions for topics, age categories and Savings Bond. Entry forms and requireport center.

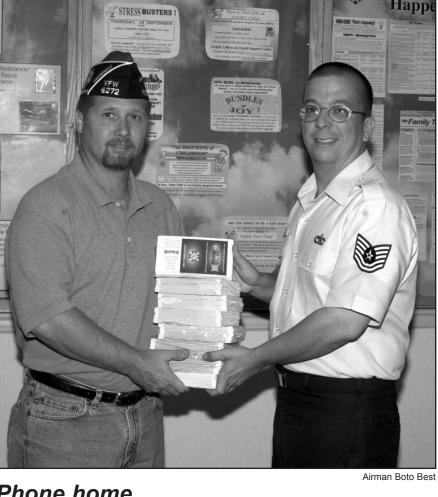
Remote/deployed briefing: Military people who are going remote or being deployed must attend a mandatory briefing offered at 9 a.m. daily.

For more information call Ext. 2794.

# BASE NOTES

**Bible studies:** Tuesday lunch study is based on "The Strength of Being Tender" by Phyllis LePeau.

Wednesday dinner studies include "Elevate" for young adults with Chaplain Bryan Hochhalter, "The Victory" for



## Phone home

Chuck Fiske, Veterans of Foreign Wars Post 4272 commander, presents phone cards to Tech. Sgt. Jamey Coleman, family readiness NCO. The \$20 cards are available through the Air Force Aid Society to personnel going on contingency duty for 30 days or longer. For more information call Ext. 2794.

and "Wild and Wacky" for children with Joy Garrison.

For more information call Ext. 2500.

**Thrift shop:** The thrift shop, Bldg. 345 requirements. The winner receives a U.S. on C Street, is open Tuesday 4 to 8 p.m. and Thursday 9 a.m. to 1 p.m. Consignments ments are also available at the family supare accepted until one hour before closing.

> **Education center:** SAT/ACT testing is scheduled for 9 a.m. and 1 p.m. Oct. 20, and 8 a.m. and 1 p.m. Nov. 13.

For more information call Ext. 2562.

Red Cross courses: American Red Cross courses are scheduled for 6 p.m. as follows: Adult CPR Oct. 20, Infant/Child CPR Oct. 21 and First Aid Oct. 23

For more information call 328-5710

# SCOUTING CORNER

Boy Scouts: Troop 52 reorganized in August and welcomes new members ages everyone with Chaplain Lonnie Brooks, 11 to 17. Upcoming events include:

Plymouth Bluff service day, 7:15 a.m. Oct. 18 at the CAFB front gate; Camporee training day, 9 a.m. at the CAFB fire department; Camporee departing 5:30 p.m. Oct. 31 from CAFB community center and returning 1 p.m. Nov. 2.

For more information call Ext. 2324 or

**Cub Scouts:** Pack 52's popcorn sale is underway. Regular meetings for boys ages 7 to 10 are at 6 p.m. Mondays at the CAFB chapel. A Cub/Webelo family weekend is scheduled for Oct. 25 to 26 at Camp Seminole, Starkville, Miss. All attending will earn their camping badges.

For more information call Ext. 3569.

Girl Scouts: Father and daughter bowling is scheduled for 6 p.m. Saturday at the CAFB bowling center. Regular meetings for girls in kindergarten through grade 12 are at 5 p.m. Mondays at the youth center. A meeting at the CAFB fire department is scheduled for 5 p.m. Nov. 3.

For more information call Ext. 2504.

10 Silver Wings Oct. 10, 2003

Top: Zach Eastman, 11, plummets down the water slide. The Appreciation Celebration offered activities for every member of the BLAZE family.

Right: First Lt. Christopher Todaro battles smoke and kibitzers as he tends the grill. Volunteers cooked more than 3,500 servings of hamburgers, hotdogs and bratwurst.

Airman Cecilia Rodriguez

# BLAZE team works hard, plays hard

**Airman Boto Best**Public affairs

The people who seemed to have the absolute best time were the children, as they ran in and out of inflated castles, splashed up and down water slides, saddled their fathers' shoulders or slept quietly in their strollers

"I think it was a total success," said 2nd Lt. Richard Carter, 14th Flying Training Wing Services project officer and planning committee chairman. "People enjoyed themselves and had a chance to reflect on the achievements of the past year."

Columbus AFB, with assistance from the downtown community's LINK, hosted a BLAZE appreciation picnic Sept. 30 to celebrate the end of a successful flying year.

Over 2,000 people attended the event, including distinguished guests from the downtown community.

"We also had a lot of volunteers who helped with the execution of the whole event," Lieutenant Carter said.

Volunteers grilled more than 3,500 servings of hamburgers, hotdogs and bratwurst.

A live band, "Freeway," entertained the crowd with oldies but goodies through most of the afternoon.

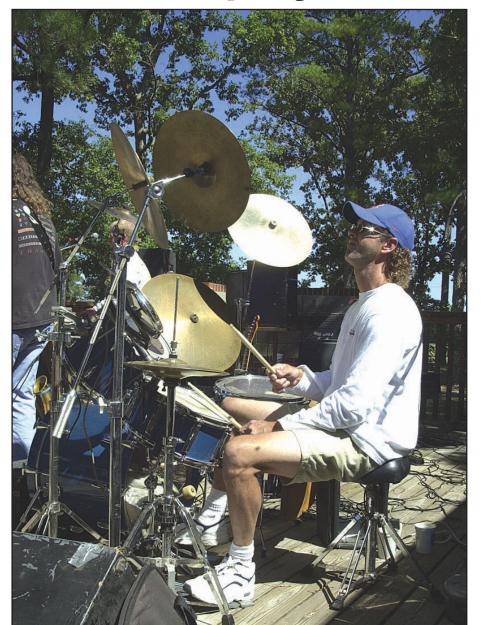
Those who were in the competitive mood took part in soccer, softball, tug-of-war and sumo wrestling tournaments.

The 48th Flying Training Squadron pulled away with the tug-ofwar trophy, while the senior enlisted ran home with the softball trophy.

Master Sgt. Gilbert Shrieves, NCO in charge of the Health and Wellness Center and co-chairman of the BLAZE picnic planning committee, said this was the first base-wide appreciation picnic of its kind at Columbus AFB.

"We've had appreciation picnics before, but they were enlisted socials," he said. "Now, based on the success of this event, Col. Steve Schmidt [wing commander] wants to have it every year at the same time."









irman Cecilia Rodrid

Far left: Gary Shaw plays drums with Freeway at the picnic. Shaw is also employed with the 14th Civil Engineering Squadron on base.

Middle left: Thirteen-month-old Claren Coalson

examines seashells while relaxing in the shade.

Near left: Children scramble to reach the bouncy

summit of an inflated obstacle.

Below: International student pilots show their American classmates how to play real futbol.

Bottom: Senior Airman Kevin Crawford and Airman Nita Gibson fly without airplanes.



Airman Boto Bes



Airman Boto Best

Airman Cecilia Rodriguez

SERVICES SNAPSHOTS

# Services caters to base people's needs

Catfish buffet: The Columbus Club offers an all-vou-can-eat catfish buffet from 11 a.m. to 1 p.m. Fridays. Cost is \$5.95 for members and \$7.95 for non-

Customers may also order from the ala carte menu. Call Ext. 2490.

### Photo & Artist/Craftsman Contests: Deadline for entering the photography contest is today and Oct. 17 for the artist/ craftsman contest. Competition is open to

both youth (ages 17 and younger) and

Stop by the skills development center for entry forms or call Ext. 7836.

Air Force Family and Teen Talent **Contest:** The youth center hosts this contest at 2 p.m. Nov. 1.

Contestants can enter in one of 11 categories: parent and child team; husband and wife team; children, ages 3-5; children, ages 6-8; preteen solo or group, ages 9-12; teen solo or group, ages 13-15 or ages 16-18; and family. Prizes will be awarded to winners.

Today is the last day to register. Call includes transportation and \$15 in coin. Ext. 2504.

All ranks bingo: Games begin at 6 p.m. Fridays in the community center ballroom. Play five \$75 regular games, one \$125 odd and even coverall game, and a \$1,000 progressive jackpot game. Consolation prize is \$150 if the jackpot each package. does not go.

Admission fees for nonmembers are \$5. Payout is based on a minimum number of players.

Call Ext. 2489

All-ranks brunch: The Columbus Club offers a brunch for all ranks from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$8.95 for members and \$10.95 for nonmembers.

Call Ext. 2489

Football Frenzy: Enter to win in the club's football frenzy program. The enlisted lounge is open Mondays from 6 to 10 p.m. The prizes include tickets to the Super Bowl and a Pro Bowl game.

For details, stop by the club.

Give parents a break/parents night out: The child development center offers this program from 4 to 10 p.m. Oct. 18. Register by Wednesday.

Call Ext. 2486.

Preschool story time: The library seeks volunteers to read for the preschool story time Wednesdays at 10 a.m. Program lasts approximately 30 minutes. Call Ext. 2934.

Ouick shot bingo: The Bowling Center offers quick shot bingo anytime the Bowling Center is open. Cash prizes. Cards are \$1 each.

National Football League trip: The information, ticket and travel office offers a trip to New Orleans to watch the New Orleans Saints play the Chicago Bears Oct. 11 to 12.

Cost is \$99 per person and includes transportation, one night's lodging (double occupancy) at the Radisson on Canal Street and a ticket to the game. Bus will leave the community center at 8 a.m. Saturday and return Sunday evening.

Silver Star casino trip: The information, ticket and travel office offers this trip Oct. 17. Cost is \$15 per person and

For reservations call Ext. 7861

Birthday Parties: The Strike Zone Lanes offers three different birthday party packages ranging in price from \$3.50 to \$4.75 per person. Stop by to pick up a brochure on what is offered with

Call Ext. 2426.

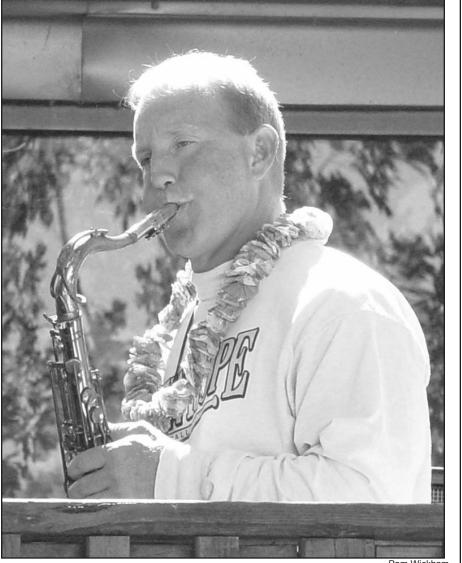
Call Ext. 7861.

Squadron pumpkin carving contest: The library offers this program each year. Squadron representatives may pick up pumpkins from 1:30 p.m. Oct. 28 to 7:30 p.m. Oct. 29. Judging will be at 2 p.m. Oct. 30. All entries must be turned in by noon Oct. 30.

Call Ext. 2934.

Youth center fall festival: The youth center offers a fall festival from 7 to 8:30 p.m. Oct. 31 followed by a dance for ages 9 and older from 9 to 11 p.m. Entry is \$3 per person. Adults accompanying children are free. Youth attending the Fall Festival gain free entry to the dance. There will be a costume contest and a pre-carved pumpkin contest at 8 p.m. Glow items will be on sale from Oct. 27 to 31 at the youth center.

Volunteers are needed to run game booths, pumpkin painting and clean-up. Call Ext 2504



## One man show

Bobby Shannon plays his saxophone at the Wing picnic Sept. 30. Mr. Shannon will provide a one-man show at the enlisted lounge starting at 9 p.m. tonight.



# Pizza & Pasta Lunch Buffet

Monday-Friday from 11 a.m. to 2 p.m. **New Reduced Price - \$5.50** 

Includes pizza, pasta, salad and beverage **Lunch Time Delivery Service Begins Tuesday!** Call 434-3078 To Place an Order

# Scarecrow Trail Monday to Oct. 17

Silver Wings

Families and individuals get free admission 8 a.m. to 5 p.m. Monday through Friday to see more than 40 scarecrows on a tour of the garden paths at the North Mississippi Research and Extension Center (AgriCenter exit off Highway 45) in Verona.

The scarecrows were created for a competition sponsored by the Master Gardeners and the Tupelo Convention and Visitors Bureau.

For more information, call the Visitors Bureau at (800) 533-0611.

# Book sale Thursday to Oct. 18

Friends of the Library sponsor a book sale to benefit the Columbus-Lowndes Public Library System 3 to 9 p.m. Thursday, 8 a.m. to 9 p.m. Oct. 17 and 8 a.m. to 2 p.m. Oct. 18 at Leigh Mall in Columbus.

# Welty Weekend Thursday to Oct. 18

Mississippi University for Women's annual Welty Weekend, held in honor of alumna Eudora Welty, is scheduled for Thursday through Oct. 18.

The weekend begins with a release party for the alumni-sponsored cookbook. Southern Grace, Recipes and *Remembrances from The W*, to kick off the 15th annual Eudora Welty Writers' Symposium.

Featured writers include Robert Morgan, Natasha Trethewey, Connie Mae Fowler, Barbara Robinette Moss, Christopher Maurer, Jack Riggs, Ron Rash, Cassandra King, Carolyn Elkins and Brad Watson.

The Welty Symposium is free and open to the public. For more information, call the MUW Office of Development at 329-7148.

# Othello performance Oct. 20

Five hundred military people can see Shakespeare for free when the Aquila Theater Company of London/New York stops in Columbus to perform *Othello* at 7 p.m. Oct. 20 at Mississippi University for Women's Rent-Whitfield Auditorium.

The local show is an initiative by Shakespeare in American Communities and is subsidized by the National Endowment for the Arts. The goal is to bring quality Shakespeare performances and educational programs to some 100 small and midsize American cities in all 50 states. Columbus is the only stop in Mississippi.

The Columbus Arts Council received an additional \$1,000 grant from Arts Midwest enabling them to provide free tickets to military identification cardholders.

These tickets, valued at \$20 each, may be picked up from squadron and group commanders. Lt. Richard Blakewood, ext. 7065 has the tickets for the Wing Staff Agencies. A few are available at the Rosenzweig Arts Center, 501 Main, down-

For more information, call the Columbus Arts Council at 328-2787

# MUW play Oct. 23 to 25

Mississippi University for Women stages On the Verge (or the Geography of Yearning), a play by Eric Overmyer at 7:30 p.m. Oct. 23, 24, and 25.

Tickets are \$5. For more information. call the Division of Fine and Performing Arts at 329-7341.

# Halloween theatre Oct. 23 to 25

The Columbus Community Theatre presents Stage Fright, a readers' theatre Halloween production for the whole family, at 7:30 p.m. Oct. 23, 24 and 25 at the Rosenzweig Arts Center Omnova Theatre.

Auditions for the holiday production of The Christmas Stranger Partridge in a Pear Tree are scheduled for November 14 to 16, 21 and 22.

For more information call the Columbus Arts Council at 328-2787.

# Tupelo circus Oct. 25 to 26

The Clyde Beatty-Cole Bros. Circus performs at 4:30 and 7:30 p.m. Oct. 25 and at 2 and 5 p.m. Oct. 26 at the Ballard Park Sportsplex in Tupelo, Miss.

Visitors are invited to the tent raising 7 to 10 a.m. opening day. Tina the elephant will give a demonstration at 9:15 a.m. Other animal trainers, acrobats and daredevils will practice throughout the morning and cameras are welcome.

Reserved seating is \$20 for VIP ringside. \$14 for adults and \$9 for children and seniors in advance; \$22, \$16 and \$11 on show day. General admission (bleacher) seating is \$14 for adults and \$9 for children on show day.

Free children's tickets are available at participating area Burger Kings.

Advance tickets are available at McRae's, online at www.tickets.com, or by calling (888) 332-5600.

# Hazard Lecture Oct. 27

The 12th annual Hazard Lecture series. The Artist at Work - Inspiration and Perspiration, is scheduled for 7 p.m. Oct. 27 at the Heritage Academy in Columbus.

Blues singer/songwriter Dan Penn, who has written for Aretha Franklin, Conway Twitty and Ronnie Millsap, is the featured lecturer and performer.

Cost is free. For more information call Brenda Caradine at 328-5413.

# Fall harvest party Oct. 29

Columbus Community Church offers carnival games, candy, cake walk, dunking booth, moon jump and food at a fall harvest party 5 to 8 p.m. Oct. 29.

From Highway 82, take the Highway 45 off ramp south to the first stop sign. The party is next to the gas station, at the old Prairie Pointe Power Sports building.

The party is free to everyone. For more information call 327-2010.

# Educating women a priority around the untouched city

Russell D. James, M.A. Columbus-Lowndes Public Library

The history of any community is difficult to take in, especially when the community is as rich in history as Columbus. More than 200 antebellum structures, as well as many military and commercial structures, still exist in the town.

Columbus residents take great pride in these buildings, but even more Columbus history can be gleaned from other sources.

The Mississippi University for Women (called the "mew" by Columbus airmen but "The W" by locals) was founded in 1884 in Columbus as the first state-supported school for women. The original name was the Industrial Institute & College. The school was an institute because it provided a high school and finishing school curriculum for younger students; a college because of the post-high school courses offered. The I I & C was founded on the campus of the Columbus Female Institute sometime

before 1847. Early in the 20th century, the school changed its name to the Mississippi State College for Women (MSCW). Henry Whitfield was president of the college in the 1920s and later became governor, largely because of the vote of MSCW alumnae in the first election after suffrage.

The Columbus Female Institute of the 1840s to 1880s fulfilled the vision of many townsfolk who had been interested in female education since the 1830s. A recently discovered 1932 newspaper, The State Advocate, tells us that an early academy for girls was located in the Eagle Hotel on Main Street. Before the discovery of this newspaper, everyone thought the female education idea had come about in 1835.

Early students at the I I & C and MSCW were daughters of wealthy or upper middle class families who were expected to make a difference in their communities and the state. Since the early years of the school, the wives of many state legislators, Congressmen, and governors have been alumnae of the university. Among the firsts for women in Mississippi (first woman to serve on state supreme court, first woman legislator) you

inevitably find "W" graduates.

On the front of the "W" campus are four buildings: Orr, Callaway, Columbus and Hastings. Callaway is the oldest, having been built by the Columbus Female Institute in 1860, right before the school temporarily closed because of the American Civil War. Closest to the front gate and west of Callaway Hall is the Orr Building. This structure was erected in 1884 by the I I & C to serve as offices for the administration and the upper floor as the college chapel. Each morning the women had to meet at 7 a.m. for chapel services and then go back to Callaway Hall for breakfast and classes. Columbus Hall, just east of Callaway Hall, was built in 1896 with funds provided by the city of Columbus (thus the name). Hastings Hall, next to Columbus Hall, was built in 1900 These four buildings and Franklin Hall (former hospital built in 1900) are the oldest buildings on campus, providing testimony to the ideal of female education in Columbus history. Along with its educational institutions, Columbus'

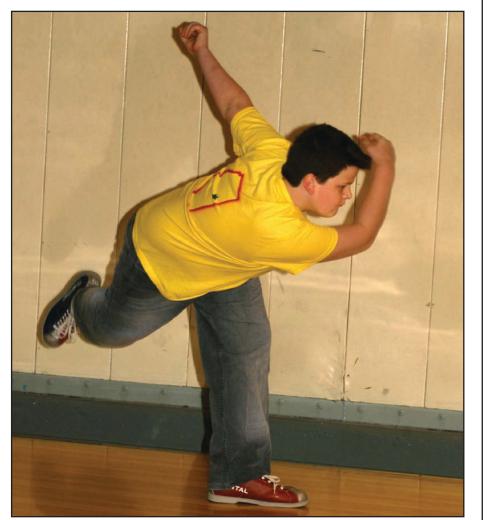
military institutions also provide a clear glimpse of past life in the Untouched City. More on them next time.

BARGAIN LINE

Bargain Line advertisement							
The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.							
Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.							
Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not resubmit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will							
not appear in the ads.  Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.							
Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets							
Print advertisement:							
Name:							
Home Telephone #: Duty Telephone #: (in case we need more information)							
Please let us know what you think of the Silver Wings:  Are you happy with the Silver Wings? Yes □ No □  What would you like to see more of in the newspaper? News □ Sports □ Photos □  If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.							



## **S**PORTS Silver Wings Oct. 10, 2003



Airman Cecilia Rodriguez

## Strike zone

Tyler Dillon, 12, demonstrates his follow through. The youth bowling league meets at 10:30 a.m. every Saturday at the bowling center.

# Intramural flag football

(	7:15 p.m.	14 MSS vs 14 CES 1 14 OSS vs 14 CS 14 CES 2 vs 14 MDG	7:15 p.m.	14 CES 2 vs 14 MSS 14 CES 1 vs 14 CON TWEET vs 14 OSS
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(	7:15 p.m.	14 MDG vs 14 CS 14 MSS vs 14 OSS 14 CES 2 vs 48 FTS	7:15 p.m.	14 CES 1 vs 14 MDG 14 OSS vs 48 FTS 14 CS vs TWEET
(	7:15 p.m.	14CES 2 vs 14 SFS TWEET vs 14 CON	7:15 p.m.	14 CON vs 14 CES 2 14 CS vs 14 CES 1

# **SHORTS**

# No-tap bowling

No-tap bowling begins at 7 p.m. today at the bowling alley. Sign up by 6:45 p.m. Cost is \$10 per person. Bowling expertise not required. Call Ext. 2426.

# 5K run

The Golden Triangle Running and Cycling Club and the YMCA sponsors a 5K run through historic north Columbus Saturday

The Brain Injury Association of Mississippi will give free helmets to children of all ages to promote safety in biking, scooters, inline skating and skateboarding.

The run begins at 9 a.m. in the YMCA parking lot on 2nd Avenue North. Awards will be given to the top three runners in

Columbus AFB fitness center, the YMCA, Fridays. Sports Specialty and Fitness Factor.

For more information, call race director Len Honeycutt at 328-7696.

# Youth bowling

Saturday youth bowling begins at 10 a.m. for ages 5 to 11 and 12:30 p.m. for ages 12 and older. Cost is \$6 per week. Call Ext. 2426.

# Fall soccer league

Military, civilian and adult family members are invited to play FIFA soccer behind the officers club Sunday afternoons.

Visit www.geocities.com/columbusfutbol.

# Schedule change

The Health and Wellness Center has adjusted its lunch-hour fitness class schedule to reflect participation.

The aerobics class has been discontinued and circuit classes are now offered noon to Entry forms are available at the 12:45 p.m. Mondays, Wednesdays and

> A new walk/run class is planned for noon to 12:45 p.m. Tuesdays and Thursdays with at least five participants.

All Columbus AFB team members are invited to both lunch-hour workouts. To sign up for the run/walk class, e-mail HAWC@columbus.af.mil or call Ext. 2477.

# Martial arts

Students five and older can take Tae Kwon Do between 6 and 7:30 p.m. every Tuesday and Thursday at the youth center. Cost is \$40 per month. Call Ext. 2404.

## Tennis instruction

The youth center offers tennis lessons for ages five and older. Cost is \$40 monthly for two 1-hour (ages 8 up) or 45-minute (ages 7 and under) lessons per week. Call Ext. 2504.

# Fitness 101

Basic class teaches how to find target heart rate, use the fitness equipment and get results. Classes are by appointment only. Call Ext. 2773.

# Circuit training

Advanced class focuses on the benefits on circuit training. Classes are by appointment only. Fitness 101 is a prerequisite. Call Ext. 2773.

## Personal trainers

Certified personal trainers are available to help tailor routines for individual ability, more variety or a better workout. Call Ext.

# Aerobics classes

The fitness center offers 15 different classes, from step to kickboxing and spinning to yoga, every week. Pick up a schedule at the front desk, or call Ext. 2772.

# Coaching opportunity

Intramural flag football needs another coach. For more information e-mail Senior Airman Chris McClendon.